# Hyperlipidemia: Food Allergies & Lipids

Food allergies and sensitivities influence lipid metabolism through inflammation. Chronic immune activation alters triglycerides and HDL function. Addressing triggers supports lipid stability. Nutrition is immune signaling.

Inflammatory responses impair lipid clearance and increase triglyceride production. HDL function may decline despite acceptable numbers.

Lab trends may show unexplained lipid worsening.

Removing triggers improves metabolic efficiency.

01

## Is This Your Story?

A patient's triglycerides rise despite healthy eating. Food sensitivity testing reveals soy sensitivity. After removal, triglycerides normalize and HDL function improves.

02

## Try This Today

**Measure:** BPReview lipid trends alongside dietary patterns.

**Do:** Consider food sensitivity evaluation if lipids resist improvement.

**Reflect:** Ask whether immune stress affects lipid balance.

HEALTHY U ACADEMY

**Select a plan:**

https://tinyurl.com/healthyu-amaze